

Physical Readiness Program E-GRAM

PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – March 2012

How long are CFLs required to maintain hard copies of PARFQs?... PARFQs with “no” responses will be maintained in PRIMIS and are not required to be printed. PARFQs with “yes” responses are required to be printed and signed. The member will bring the PARFQ to the CFL with medical clearance indicated on the PARFQ. If a waiver was issued, the member will also need the NAVMED 6110/4. The CFL will file the form(s) in the CFL files for 5 years.

Is there training available for Authorized Medical Department Representatives (AMDRs)? ...Yes. AMDR training is now posted under the CFL section on the NKO website. This training was created by BUMED to help standardize the medical clearance/waiver process.

How are page 13s entered into a member’s electronic service record?... Page 13s must be forwarded electronically to the member’s Official Military Personnel File (OMPF). Hard copies are no longer accepted. The personnel office will electronically forward the page 13 to the member’s OMPF. The page 13 can be uploaded to PSD via the Transaction Online Processing System (TOPS).

When a PRT retest (Bad Day) is granted, what are the rules regarding the retest date?... IAW OPNAVINST 6110.1J the retest must occur within 7 days of the PRT failure. The retest date must not exceed the 10 day BCA and PRT requirement.

Can a member change the cardio option for the retest? ...Yes. OPNAVINST 6110.1J does not prevent a member from switching their cardio option.

Does OPNAVINST 6110.1J state that if a member responds “yes” to the 1st question on the PARFQ that they are not required to be screened by medical?... No that statement in the instruction is referring to question 1 of the pre-physical activity questions, which is: Is your PHA up to date? Members answering “yes” to any question on the PARFQ must be screened by medical before they are allowed to participate in the PRT portion of the PFA.

Tip of the Month

Without integrity the Physical Readiness Program will not succeed!